

# JANUARY 2012 EVENT CALENDAR



Mon	Tue	Wed	Thu	Fri	Sat/Sun
<b>2</b> <u>103: Movement &amp; Technique Day 1</u> 7:00 – 8:30 p.m.	<b>3</b> <u>Pro-Rock Coaching</u> 10:00 a.m. – Noon <u>Pro-Rock Coaching</u> 6:30 – 8:30 p.m. <u>102: Intro to Bouldering</u> 7:00 – 8:00 p.m.	<b>4</b> <u>103: Movement &amp; Technique Day 2</u> 7:00 – 8:30 p.m.	<b>5</b> <u>Pro-Rock Coaching</u> 10:00a.m. – Noon <u>ProRock Sessions</u> 6:00 – 7:00 p.m. <u>Pro-Rock Coaching</u> 6:30 – 8:30 p.m.	<b>6</b> <u>Military Mornings</u> 6:00 a.m. - 10:00 a.m. <u>College Night</u> 5:00-10:00 p.m. <u>Women's Night</u> 5:00-10:00 p.m.	<b>7</b>
<b>9</b> <u>201: Advanced Movement &amp; Technique Day 1</u> 7:00 – 8:30 p.m.	<b>10</b> <u>Pro-Rock Coaching</u> 10:00 a.m. – Noon <u>Pro-Rock Coaching</u> 6:30 – 8:30 p.m. <u>102: Intro to Bouldering</u> 7:00 – 8:00 p.m.	<b>11</b> <u>201: Advanced Movement &amp; Technique Day 2</u> 7:00 – 8:30 p.m.	<b>12</b> <u>Pro-Rock Coaching</u> 10:00a.m. – Noon <u>ProRock Sessions</u> 6:00 – 7:00 p.m. <u>Pro-Rock Coaching</u> 6:30 – 8:30 p.m.	<b>13</b> <u>College Night</u> 5:00-10:00 p.m.	<b>8</b> <u>201: Single Pitch Rock Rescue</u> 3:00 p.m. - 7:00 p.m.
<b>16</b> <u>202: Sport Lead Day 1</u> 7:00 – 9:00 p.m.	<b>17</b> <u>Pro-Rock Coaching</u> 10:00a.m. – Noon <u>Pro-Rock Coaching</u> 6:30 – 8:30 p.m. <u>102: Intro to Bouldering</u> 7:00 – 8:00 p.m.	<b>18</b> <u>202: Sport Lead Day 2</u> 7:00 – 9:00 p.m.	<b>19</b> <u>Military Mornings</u> 6:00 a.m. - 10:00 a.m. <u>Pro-Rock Coaching</u> 10:00a.m. – Noon <u>ProRock Sessions</u> 6:00 – 7:00 p.m. <u>Pro-Rock Coaching</u> 6:30 – 8:30 p.m.	<b>20</b> <u>College Night</u> 5:00-10:00 p.m. <u>Family Night</u> 5:00-10:00 p.m.	<b>14</b>
<b>23</b> <u>203: Anchors &amp; Rappelling Day 1</u> 7:00 – 9:00 p.m.	<b>24</b> <u>Pro-Rock Coaching</u> 10:00a.m. – Noon <u>Pro-Rock Coaching</u> 6:30 – 8:30 p.m. <u>102: Intro to Bouldering</u> 7:00 – 8:00 p.m.	<b>25</b> <u>203: Anchors &amp; Rappelling Day 2</u> 7:00 – 9:00 p.m.	<b>26</b> <u>Pro-Rock Coaching</u> 10:00a.m. – Noon <u>ProRock Sessions</u> 6:00 – 7:00 p.m. <u>Pro-Rock Coaching</u> 6:30 – 8:30 p.m.	<b>27</b> <u>College Night</u> 5:00-10:00 p.m. <u>Military Night</u> 5:00-10:00 p.m.	<b>15</b> <u>401:Crevasse Rescue</u> 3:00 p.m. – 7:00 p.m.
<b>30</b>	<b>31</b> <u>Pro-Rock Coaching</u> 10:00a.m. – Noon <u>Pro-Rock Coaching</u> 6:30 – 8:30 p.m. <u>102: Intro to Bouldering</u> 7:00 – 8:00 p.m.				<b>21</b>
					<b>22</b>
					<b>28</b>
					<b>29</b>

## HAPPY NEW YEAR!

Everyone at Edgeworks hopes you had a great holiday; lots of food, fun, friends and family. But, that's all over... Time to get back to work! We're excited to see you start the year right: Crushing!

## TOP 3 NEW YEARS RESOLUTIONS TO BECOME A CRUSH-MEISTER

1. Edgeworks Membership – Come in a lot!
2. ProRock Coaching –Extra help and motivation!
3. Fitness Classes – Flexibility and strength!

## MILITARY MORNINGS

If you've got a Military I.D. or know someone who does, join us for Military Mornings. Every **FIRST FRIDAY** and **THIRD THURSDAY** Edgeworks will open at 6:00 a.m. for military and their friends and family. Join us for reduced day passes and an early-morning belay class. More details at the Front Desk.

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